

LFR
Regular Committee Meeting
Thursday 9th May 2019

Co-Presidents: Kirsty Fitzgerald (KF) and Jamie Keenan (JK)
Club Secretary: Christos Bitzis-Politis (CBP)
Club Treasurer: Alex Darsley (AD)
Membership Secretary: Simon Mac (SM)
Races Secretaries: Erika Kulikova (EK) and Alex Rendall (AR)
Publicity & Communications Officers: Joey Knock (JKk) and Andrew Corti (AC)
Social Secretaries: Brittany Bernard (BB) and Daniel Brittle (DB)
Coaching Team Coordinator: Rob Daly (RD)

Agenda Items

Financial Update and discussion over certain subjects relative to the 2019/2020 Club Budget (CT)

Races Update (RS)
Publicity Update (P&C O)
Social Calendar update (SS)

Membership Update (as reported by the MS)

Club Secretary

- Indigo Hotel
- Trail Runs and International Trip
- Kew Gardens visit

Co-Presidents (JK)

- 25th Anniversary Celebration date, budget and responsibilities
- My Crew app update and review
- Club fundraiser idea
- Seymour Saturdays quick update
- Injury clinic free event for members
- Committee roles and responsibilities - review of current document/ update if required

AOB

Chair: JK

Apologies: SM, JK, RD

Minutes: CBP

Financial Update and discussion over 2019/2020 Club Budget (CT)

Due to the recent developments relative to the increased venue charges implemented by Porchester and to the change of venues from the Porchester to Seymour Place, there has consequently been a considerable and unexpected increase in our expenditure, having currently overspend the amount of £1200.

We have started the Club Year with a small surplus of £400 and we definitely do not want to end the year having a deficit, as unavoidably several other expenses may appear in the future. The decision which we are called to take at the moment is what are we going to do about the overspend, with the alternatives currently being: a. it will come out of the Club reserve, b. we proceed into some radical but absolutely necessary cut-downs, and/or c. do we fundraise.

We do not think that this amount should come out of the Club reserve, as the Club reserve has been gradually diminishing over the years. The Club reserve is currently £17,000 and has been accumulated over a number of years, when the Club was financially more robust. The most probable options for cutting down are the following: The Club contribution to the LFR Christmas party, the historic donation LFR have been annually making towards the 10K Pride Run which comes to £600, and to have this year a slightly longer Christmas break, as even one or two runs less during the festive period will significantly contribute towards restoring the balance.

In regards to the suggestions above, relative to the first, we have already had questions and demands from members this year to make the Christmas party larger, by increasing the number of participants. This will have as a natural effect to be in need of hiring a larger venue, and larger venues tend to naturally be more expensive, requiring a larger initial deposit, as well. The Committee was more positive to the last one, of having a slightly longer Christmas break and will consider it a possible option, closer in time.

The Committee, after a lengthy deliberation to the above suggestions by the CT, decides that they would rather prefer to fundraise than implement any of the suggested cuts, so for the time-being we are holding on to the suggestions as a probability for the future though not committing into deciding on the implementation of any.

The Committee decides instead to have a serious brain-storming meeting, with ideas put on paper for the next Committee meeting relative to fundraising. In regards to the 10K Pride Run contribution it

is decided as wiser to first wait also to check the level of support needed this year for the Pride Run.

In addition, it has been suggested to sell some of the LFR vests at the Pride Run, as LFR will be having a stall this year and this could potentially be a new source of revenue.

Action to be taken: the Co-Presidents are to contact MP and enquire how the Pride Run is doing this year, in terms of financial contributions.

The final decision in regards to the current financial situation is not to proceed on anything too drastic at the moment.

Finally, and on the positive side of things, there has been a donation of £30, from an LFR member.

Races Update (RS)

The list of races for the 2019/20 Club Championships has been made public, there have also been two reminders, one about the Hackney Marshes Park Run, which will be this coming Saturday the 11th of May and the Eltham Park race, which is on Sunday the 16th of June, in particular about the latter, as it is selling faster this year. Again MC has been really generous in offering their house for showering afterwards and storage.

The Cross Country AGM meeting this year was rather intense, but they finally came to make the right decision as to have the same distance for men and for women. We have also had two persons replying in the outcall for our new Cross Country Captains, which have been HR and NC, these being particularly good news for the Club, as both members are reliable, enthusiastic and very supportive of the Cross Country season.

The date for Bridges Relay has been out as well. The Bridges Relay is not part of the Club Championships but the Club does pay to send an LFR team. This is a very popular race and it also needs to be publicised in advance. During the last Club Year we were asked to pay in advance, based on the number of teams, and we have had 5 men and 3 women teams. As mentioned it is a very popular and also a very nice race, taking place on a Thursday night.

One topic which came to our attention was that the LFR Website race records have not been updated since 2015 and of course we should take every effort to update them.

If a member's race result is already on-line, by the usual websites which publish race results, then it is not necessary to enquire them whether they might agree to have their result on the LFR website, as it

is on the public domain anyway, and then it's also acceptable for LFR to publish it. SM has send out a list containing the names of all the members who have requested not to have their race results becoming public, which should be consulted in regards to the above LFR Website race records update, and which should also be kept updated.

Publicity Update (P&C O)

In regards to the GBR there have been a large number of participants dropping out and we find ourselves currently in the unpleasant position of not having a reserve list.

The Out for Sports LGBT Fair went very well, we have had very positive feedback and several LFR female runners have actively participated at the LFR stall, which was a bit smaller this year compared to previously. In regards to the discussion which went on during the last RCM and relative to the external LFR FB page, on whether we need to keep it active and on whether we need to update it from time to time, we believe it is better to have it switched off. The only part of the page which could be working would be an active link for an email, to which we will respond, in case anyone would like to be in contact, and also prominently displayed. Though nothing more than that.

There has been an extremely positive TimeOut coverage of LFR, under the title of "10 Really Great Running Groups", presenting running clubs or groups with a difference. The article has a very nice paragraph about the Club, the only downside is that they have chosen an extremely generic photo, not even of LFR, it's a random photo of men from the waist down running, which is a bit of a shame.

Action to be taken: please contact TimeOut and if possible have the photo on the above article updated/replaced with an actual LFR photograph.

In regards to the Club Twitter and Instagram accounts, we have had requests from members to become involved as volunteers and keep updating these two accounts, which is an excellent idea to have volunteers on board assigned to this function as long as all the updates are based on the LFR guidelines of conduct which we are meant to provide them with. There should never be any type of confrontation through those mediums and in case the relative volunteers do not know how to proceed in regards to a particular subject, then they have to be

reminded to come back and ask the Committee to take the responsibility in responding. #LFR

We have been allocated 80 places for the Pride March of this year, and from these 60 will be generally allocated whereas the usual number of 20 places will be reserved for the LFR women. The places are destined to sell out very quickly, as it happens every year. Discussions on which position we are this year in the parade and whom do we want to be next to, which is a complicated subject, as in order to be next to the group you want to be next to, they also have to choose you to be next to them.

Members need to be reminded to wear their LFR vests for the Pride March and for those who do not have a Club vest, this could present a great opportunity to sell some of our LFR vests before Pride, so there should also be a reminder to those interested in buying a Club vest to bring cash on that day.

Social Calendar update (SS)

The Out for Sports LGBT+ Fair, the London Marathon LFR Social and the post-Spinder events went really well, they were well attended and we have received positive feedback as well. The Spinder session was completely sold out and the actual session went very well. The social afterwards at The Cock was also very successful.

There have a number of new ideas thrown around and the SS are really active in organising a number of super interesting events for the next few months: there will be organised a theatre outing with a specific LGBT+ play coming up in about a two weeks' time, the only thing which remains to be done is to make a decision on the date.

The SS are also in search for a large beer-garden, where there will be hosted a summer event. There will also continue the runday-brunchdays for the female identifying members on a Sunday and we are also considering the viewing of an LGBT+ themed film.

The SS have already been contacted by venues for the LFR Christmas Party and they only need to have a look at the available options and set the date, which with all probability will be either the 30th of November or the 14th of December, as the Saturday in between coincides with the December Cross Country Fixture.

Membership Update, as based on data as collected and previously distributed to the Committee by the MS.

We are currently 66%, translated into 373 members, of the way to reach the 562 members that we had last year. There are still ten more

months of the Club Year to go and we will be needing 189 members to match last year. Based on the above and on an average, each month we need about 19 members to join or to renew as to be able to match last year.

In regards to just the new members, we have had an average of seven members per month over the past two months.

Historically, as based on the data collected during the past seven years, realistically speaking and based on the average new members the Club receives per month, we can expect to reach 482 members by the end of Club Year 2019-20. This means we will end up 86% of the total members of the last club year.

Analytically, the Club currently has 340 male and 33 female members, from which 358 have renewed from last year and 15 are completely new to LFR.

Club Secretary

Indigo Hotel has requested a meeting and a meeting has been set to meet with them on the 22nd of May

The possibility of using the LFR Trail Runs for training purposes in view of the trail-race which is scheduled for the next LFR International Trip in the Czech Republic, has been discussed and approved as such by the Committee.

Scheduled visit to Kew Gardens. The date has been set, for Sunday the 23rd of June.

Co-Presidents (JK)

Discussions relative to the 25th Anniversary Celebration.

Although this event will happen during the tenure of the next Club Committee (2020/2021) the organisation has to start, naturally, long beforehand. Co-Presidents and CS have been approached by a number of Club members who would like to organise on their own initiative a celebration for the Club. The first thing which had to be discussed was to set on a date. It was suggested to choose a date in May but because of the GBR, the CS suggested that June would be a much more ideal date for a celebration, especially as it will be after the London Marathon social, after the GBR and before Pride. One of the important subjects which needs to be discussed is the budget, as we may need to discuss and possibly decide on the amount which could be used out of the Club reserve for this purpose. For the 20th LFR anniversary the then Committee committed £3000 but this amount is unfortunately not realistic anymore.

The LFR members who have volunteered to organise this on behalf of the Club, and who are SC, PC and HK, will be probably requesting the Committee's support in case they might be needing it but they are going to be acting semi-autonomously, directly though reporting to the Committee. The Committee is requested at this point to choose a couple of dates and give an indication of the money the Club will be able to spend towards this purpose. The Committee is more than happy to encourage such initiatives and more than happy for these specific persons to take this on board, as they are extremely trustworthy and have enormous experience in organising large successful events. The Club SS will be their first point of contact, for all they might request. Considering that a large number of LFR runners each year attend a Pride event in Sitjes in June, the Committee suggests the 1st or 2nd or 3rd Saturday in June 2020, meaning the 6th, 13th, 20th of June 2020, with much preference given to the first or third Saturday. The Club has offered the amount of £580 for the LFR Christmas party this past year and considering that the Club reserve is about £17000 at the moment, the Committee proceeds in discussions comparing the total expenditure of the Christmas dinner of last year, which was with the paid tickets between £6000 and £7000, and the analogy which needs to be made for the 25th LFR anniversary dinner.

MyCrew app update and review

In general the feedback has been very positive, as the App is rather simple to use and the creators are very friendly and cooperative, all one needs to do is send them an email in case there is any issue to be resolved and they respond immediately. They are also very eager in receiving LFR comments on improving the functionality of the app. There has been a FB comment in regards to the location of a member being shown on the app, meaning that when the location button is on, the general public is able to see where that person physically is. This issue can be easily regulated by a location on/location off preference, and there is also the third option of location on only when the app is open, which is exactly what members who do not want to disclose their location should do, have the app on only when they need to check into the venue.

The question posed is whether we consider it as necessary from a practical point of view to extend this app to manage club memberships currently done through Webcollect. The rationale for this change is because Mycrew is free, whereas Webcollet is charging us for its services around £200 per year. Mycrew offers an extremely easy process for renewals, it has also been very well received by all Thursday runners and of course standardising all Club functions in just

one App will only simplify things for membership, as members won't have to use different apps for different subjects. The only drawback momentarily seems to be that members don't like to be messaged about other runs, nor by other persons who are not LFR about other runs, though this could be dealt with easily, by setting one's preferences beforehand.

There may be certain challenges between the use of Mycrew between the Saturday and the Thursday runners, the Committee is though positive that gradually the transition from one app to the next will be done easily and beneficial. As to assist membership further with the transition, it has been proposed that Committee members should be sending to JK previous comments and already discussed and resolved issues regarding Mycrew for the purpose of creating a document with the Most Frequently Asked Questions, to share upon completion with membership. This could potentially be a work-in-progress document. Naturally, any move from WebCollect would be subject to thorough due diligence and consultation.

Those of the Committee who are using the Admin part of WebCollect should have the same useful data transferred in the new app and the possibility to use this data also on Mycrew. One of the positive things about this app is that it is being constantly modified by the creators on our needs, LFR is being serving as a model for the best practice of the app but the Club has been equally benefitting of the symbiotic collaboration at the same time.

Committee voted positively and agreed to all the above.

June social request

The SS will be organising as per above a Summer Party at Hampstead Heath, as it proved to be very popular last year and everyone seems to have liked it. The spot will be again the same, somewhere between the male and the female pond, and there will again be a game of rounders, with lots of prosecco and a picnic. This picnic will be different from the one at Kew Gardens organised by the CS, as it will be less raunchy.

Discussions relative to the visit at Kew.

Action to be taken: the Committee female members will have to ask the other female runners in regards to the date, whether the LFR women would like to visit Kew on a separate date as the one suggested and come to the CS back with a suggested date for just a "women-only" visit to Kew Gardens.

Club fundraiser idea

Discussions relative to a fundraising idea. The London Otters do a bingo every year, which is really fun and they also manage to get a bit of money, we could do it like a social event and we use the money that we could raise for the Christmas party. The suggestions are a Tuesday bingo night at the Duke of Wellington, in order to raise a bit of cash, or the same downstairs at the Quebec, as no one wants to lose out on their karaoke-night.

There is a venue in Kensal Rise, which can be used for screenings and where one may screen any movie one wants, the venue has 75 seats and we can do this two or three times a year, as it is also equally simple, we can choose three movies and think of a date. The venue has different rates for different days of the week, with weekends being a bit more expensive than weekdays. On the other hand one may sell tickets at any price they wish. (EK)

Action to be taken: EK is requested to please make some further enquiries in regards to the venue and report back to the Committee.

All Committee members should consider any fundraiser ideas to be put up for discussion the next time.

Seymour Saturdays quick update

Positive feedback on both the first and the second Saturday the new venue was used.

Injury clinic free event for members

Free seminar for LFR, which will most probably will be taking place on a Tuesday evening sometime in either June or in July

Committee roles and responsibilities, as the last update of the document took place three years ago, please review the current document and not down and updates, if required, as there may responsibilities which you are currently doing and which have not been captured and then come back to the Co-Presidents, so that they may implement the updates.

Action to be taken: for all Committee members, as per above

AOB

LFR are going to be having a stall this year at the Pride Run, so we need to start promoting the Pride Run also on the LFR web site. We are also organising, around six Thursdays before the Pride Run, to do a pre Pride Run session, open to anyone, as to familiarise themselves with Victoria Park before the race. We will be also needing volunteers for the stall, so we would be doing a call for volunteers.

This is a question on behalf of OP and relative to the Islington Cycling Club, whether they may use LFR as to enter a race event, there is a £50 one off to pay.

Coaching Team updates and SW

Action to be taken: CBP is requested to have a chat in person with SW, informing them of what has been discussed by the Committee and then report back of any progress made

Action to be taken: The Co-Presidents are requested to write a formal letter to SW, informing them of what has been discussed by the Committee in regards to insurance in case of an accident and liability

Action to be taken: CBP is requested to send a Doodle Poll relative to the next RCM, deciding on either the 5th or the 6th of June

Southend Pride

Suggestion from JK regarding the Southend Pride on the 20th of July. It happens on the same weekend as the Newcastle FR Festival, but although it is small, it was good fun last year. JK would like to know whether the Committee will want to give its support to the suggestion, so that they may informally organise an outing.

Action to be taken: CBP to inform JK of the Committee's decision relative to their suggestion on Southend Pride

9.08 pm